



CONNECT GROUP NOTES



FOR THE FACILITATOR

Encourage the group to take turns reading and answering questions. It is best to ask the questions as they appear instead of waiting till the end.

TOPIC : Growing Spiritual Teeth

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MEDITATION TIME:

(NOTE TO FACILITATORS: The first part of the notes is practical meditation on the passage of scripture using the basic questions below to guide you. You may find that this exercise takes up all the time and you don't get to the rest of the

questions and notes - thats ok. The real goal is to get people practicing chewing on scripture together)

**Take time to read the passages below
(suggest you read one verse each in a circle)
and then meditate on them as a group using
the questions below to guide you:**

Ephesians 4:12-16

To equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature

body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Hebrews 5:12-15

In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

MEDITATION QUESTIONS:

- What verse or phrase stood out to you the most (your underline or highlight moment)
- What does that highlight mean to you - what do you think the Holy Spirit is saying?

- Why do you think the Holy Spirit is highlighting this verse to you at this time in your life?

GOING DEEPER:

God's desire is for us all to mature to be more like Christ. So that we will be ever more representing who Christ is to others through our lives. Reflecting who Jesus is to the world. Maturity is living an unshakable life in an increasingly shakable world.

Question 1: What does meditation mean to you?

Solid food is for the mature. A baby needs to grow teeth before it can eat meat. Meditating on God's word is like growing spiritual teeth.

John 1:1-5

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.

God's word is life. God's word brings power. God spoke and created heaven and earth. The spoken word is powerful. If we learn to speak God's Word over us. It will produce life and light in our lives helping us overcome the enemy.

TIME TO DISCUSS:

Question 2: Why is meditating on God's word so important?

Meditation triggers germination

Psalm 1:1-3

*Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which **yields its fruit in season** and whose leaf does not wither, whatever they do prospers.*

Biblical meditation is focusing on the Words of God. The Greek word is 'haga' which means to talk to yourself.

Meditation leads to revelation

Psalm 77:7-15

“Will the Lord reject forever?

Will he never show his favor again? Has his unfailing love vanished forever? Has his promise failed for all time? Has God forgotten to be merciful? Has he in anger withheld his compassion? ”

Then I thought, “To this I will appeal: the years when the Most High stretched out his right hand.

I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds.” Your ways, God, are holy.

What god is as great as our God?

You are the God who performs miracles; you display your power among the peoples. With your mighty arm you redeemed your people, the descendants of Jacob and Joseph.

Question 3: What does your self talk generally sound like?

TIME TO REFLECT

Meditation determines destination.

Joshua 1:5-9

No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

“Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, . Keep this Book of the Law always on your lips;

meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.

We need to meditate, speak, then do. Meditation should move us in the direction of God's plan for our lives.

ACTION STEP

This week's challenge is to pick a passage of scripture and spend the week memorising it.

Learn to understand exactly what the verse is saying.

Write it down and what stands out to you from it.

Teach someone else why it stood out to you.

Try singing the verse.